

THE JOURNAL AND ITS PROBLEMS.

We are in receipt of numerous communications from authors of papers to the effect that papers submitted by them have remained so long unpublished, some of them more than a year. Each writer seems to feel that this office has some particular reason for withholding from publicity his particular offering.

The Journal has now sixty-one papers which have been accepted and set up in type. Of these, twenty-two were read at the State Society meeting last April, and thirty-nine before county and other societies. Up to the present time it has been mandatory that the Journal publish all papers read at the State meetings, and customary to publish all papers read at county society meetings. This has caused such an overwhelming influx of material that the printer was compelled to ask us to have no more stuff set up as his supply of type is almost exhausted, and, at the present price of metal he is unable to secure more without an unwarranted outlay of capital.

It is easily seen that if we publish four or five papers in each issue, the sixty-one papers will require a full year to print. Recognizing this condition, the Council has given the Publication Committee the right to reject any papers hereafter submitted, including those read at the meetings of the Society. No paper is ever rejected until it has been carefully considered by at least two members of the Committee. No paper is given preference in any way whatsoever, except in the case of those dealing with material that cannot be delayed. Every paper that is set up in type costs the Journal several dollars for the labor, so that if a paper is withdrawn and the "metal killed," the cost of set-up is a total loss, and we have no surplus.

The Council is about to consider temporarily enlarging the Journal so that the stagnation may be relieved. The result of its deliberations will shortly be communicated to each author. In the meanwhile we ask them to be patient.

THE PROGRAM.

The Committee on Scientific Program has this year introduced an innovation in the publication of abstracts of papers to be read, three months in advance of the date of the meeting. This new feature was accomplished by dint of much hard work and perseverance, but it was worth while.

It is now possible for each and every member to know exactly what phase of any subject the essayist will treat. Discussions will thus necessarily be on a higher plane than ever before, and the time of members will be greatly economized, as they can plan ahead so as to attend those sessions in which subjects of greatest interest to them will be presented.

The new plan is good and should be perpetuated. The gentlemen of the Committee deserve the thanks of the Society. They have earned it.

"THE JOURNAL OF UROLOGY."

Under the editorship of Dr. Hugh Hampton Young, Volume I, Number 1 of this Journal makes its bow to the profession. To quote Dr. Young, in his foreword to the volume, "The title of this publication, 'The Journal of Urology, experimental, medical and surgical,' expresses briefly the aims, hopes and ambitions of the editors. . .

"It is therefore evident that some common meeting place is extremely desirable—some medium in which all types of papers upon the field of common interest may appear—archives of Urology—historical, embryological, anatomical, biochemical, pharmacological, pathological, bacteriological, surgical and medical, experimental and clinical.

"Such is what we hope to accomplish in THE JOURNAL OF UROLOGY, and we bespeak for it the support and active assistance of all who come within the wide scope of its work.

"Realizing that authors may often desire to publish their work also in one of the more special journals, we will be glad to allow this if made simultaneously. Wishing to stimulate investigation, we are fortunate in being able to make use of the generosity of a friend in the shape of a 'Research Fund,' which will be utilized to assist worthy authors of the most meritorious research papers, to be decided by a special editorial committee."

The first number meets the self-imposed conditions in a most admirable manner. The scope of the articles is extremely wide, embracing the fields of tumor cultivation (Burrows, Burns and Suzuki), embryology (Young and E. G. Davis), bacteriology (Thomas and Harrison), biochemistry (Mosenthal and Hiller; D. M. Davis), physiology (Macht), and surgery (Keyes, D. M. Davis and Gorton).

The "Journal of Urology" will have no slight influence upon the advance of our knowledge of the urinary and genital apparatus from all points of view; and we may also look to it for a useful correlation of already existing, but now widely scattered and unusable data.

The "Research Fund" deserves special mention. The "generosity of a friend," which made this feature of the Journal possible will be repaid many times, and with interest, in the products of the labor of the investigators it is destined to assist.

Our congratulations and our wishes that this notable addition to sound medical literature will be handsomely supported.

ON PREPAREDNESS.

This nation is entering—nay, has entered—upon parlous times. What the end will be, or when it will come, no man nor group of men can foretell. From every corner of the land comes word of a feverish activity in every field of social endeavor toward a belated national preparedness. In this movement, the medical profession, true to its ideals, has been no mean participant. All over these United States at strategi-

cally effective points hospital units have been formed. The best appointed hospitals, together with their entire staffs, have enrolled themselves as members of the American Red Cross which, in time of war, becomes automatically a part of the medical service of the Army and of the Navy of the United States. But important as it is, this is not the most important work to be done by the medical profession of our country, and numerous as they are, these men represent a numerically, but an infinitesimally small group of the medical profession as a whole.

Ours is a bountiful land. Because of its natural resources, man obtains his daily bread in greater amount and variety and at a lesser expenditure of "the sweat of his brow" than anywhere else on earth. And because of this abundance we have become the most wasteful people as a nation which has had its being since the passing of the Roman Empire. Where there has been want, except for local accidents, it has been traceable to wastefulness, to bad management or to social injustice.

The nation is about to be tried in that fire which, if unquenched, will cripple our civilization. How great shall be the sacrifices required of us as individuals or as a people, no man can know; but what we do know is that if from the beginning we husband our resources, if we do our best at once because it is our best and do not wait till we must do it or perish, these sacrifices shall be immeasurably lessened.

On all sides rises a cry of protest against the high cost of living. Congress is importuned to appoint a commission to investigate the causes of this rise in the prices of the necessities of life. But the public prints which publish these protests, in the same issue print a statement of the very efficient Secretary of Interior to the effect that the housewives of America are wasting annually in their kitchens food to the value of nearly three quarters of a billion of dollars. Mobs go screeching down the streets of New York, storming provision shops and waylaying guests at doors of the greater caravansaries. They demand potatoes when there are none; but when the municipality offers to provide them with rice as a substitute, they scorn the offer. They will not, they say, descend to an Asiatic standard of living.

Here in California with fully a thousand miles of ocean-washed shores and the boundless food resources of the great deep to draw upon despite the fact that the prices of meat are skyrocketing in a way which bids fair soon to be prohibitive, only the influence of the church alone induces man to partake of sea food one day in seven. The excuse given is that the man who works hard must be a beef eater.

Now all this is sheer ignorance and our great duty as a profession must be to war unceasingly on that ignorance. Because, as students of medicine we have studied the subject of food values without prejudice, judging such food staple upon its own merits, as shown by its caloric index, we of the profession know that polished rice has,

weight for weight as purchased in the market, four times the food value of potatoes, and that the food value of unpolished rice is nearly one third greater still.

Bulletin No. 468, U. S. Department of Agriculture, 1917, p. 16, in discussing the food value of potatoes and other starchy foods, states, "This, however, is not the case when they (potatoes and rice) are compared in the state in which they appear on the table. When rice is cooked water is added to it, with the result that when it is eaten it is not very different in composition from cooked potatoes; thus a pound of boiled rice and a pound of mashed potatoes would have very much the same total fuel value, a fact which has been intuitively recognized by housekeepers who often use them interchangeably to serve with meats, etc." The reason for this is that water is added to the rice during the process of cooking. Rice as purchased by the housewife contains one-sixth as much water as raw potatoes. Water composes one-eighth of the total weight of uncooked rice, and six-eighths of the total weight of raw potatoes, so were she to purchase both articles at five cents a pound each she would receive, water alone being considered, 1.25 cents worth of food value in the case of potatoes and 4.375 cents worth of food value in the rice. Twenty dollars invested in uncooked rice will feed at least three times the number of persons as would the same sum invested in raw potatoes at the same price. Any difference in price is in favor of the rice.

We recognize that half the human race works harder and longer hours than any of us have to work and that they thrive despite that hard work and long hours upon a diet of which rice is almost the whole constituent. We of the profession know, because the training we have had has inculcated in us the power to think logically, that it is not what he eats, but the absence of hygiene in his way of living which warrants the contention that the Asiatic's is an inferior standard of living.

Again, we of the profession know, because we have studied it in our laboratories, that the flesh of fresh fish properly prepared compares favorably in most ways with that of animals and is not far behind it in caloric values. The waste due to the unedible head, bones, tail and entrails makes it necessary to buy about three times as much fish as round steak.

Finally, we know from the experiments of Fletcher and others that the man who "bolts" his food, who is in too great a hurry to rid himself of the discomfort of an appetite, obtains from what he eats quite 40% less nutritive value than he would did he properly masticate his food. Your slow eater eats less food to more purpose.

And as a first step in this war on wastefulness, let us educate those who put their trust in us toward a true appreciation of these two great staples of which the supply is inexhaustible, the price cheap, and the food value well nigh inestimable.

We can best do this by prescribing them as

often as they are indicated as part of the regimen of our sick.

What has always been our duty has now become a patriotic rite.

From report No. 6 of Miscellaneous Series, U. S. Dept. of Agriculture, page 12, shows the nutritive matter contained in rice and other foods as follows:

Rice	86.09%
Corn	82.97%
Wheat	82.54%
Oats	74.02%
Fat Beef	46.03%
Potatoes	23.024%

FOOD VALUES OF RICE AND POTATOES.

The following extracts from reports of the U. S. Dept. of Agriculture give a comparative analysis of rice and potatoes:

Potatoes	Rice
Water	12.4%
Protein	7.4%
Fat4%
Starch	79.4%
Mineral Matter....	.4%
100.0%	100.0%

THE CHARTERING OF MEDICAL TEACHING INSTITUTIONS.

Under the existing laws, any group of individuals desiring to obtain a charter for a "diploma mill" can incorporate and, by merely applying at Sacramento, can become a legally chartered school. No equipment is necessary and the whole organization can be on a paper basis only. It is by this means that various so-called "schools" in this state have been able to organize with impressive "articles of incorporation" and high sounding titles; and with an easily obtained charter, proceed to impose upon the public.

Assembly Bill No. 653, introduced by Mr. Gebhart, is designed to do away with this evil. It provides that a commission consisting of "the secretary of the State Board of Medical Examiners, the Secretary of the State Board of Health, the State Superintendent of Public Instruction, and the President of the University of California, or some one appointed by such president in his place" shall pass upon the sufficiency of the equipment of any medical school or any institution for the teaching of the healing art for which application is made to the Secretary of State for a charter, license or permit. This very excellent bill certainly ought to pass. It would nip in the bud fake teaching institutions and would not work a hardship on legitimate concerns. Had such a law been in force several years ago, we would not now have in California any of the various "drugless," or other freak schools, whose main stock in trade consists of glowing promises to the prospective student. There are numerous "graduates" of such concerns in our midst, and although their

"Alma Mater" is a "legally chartered school," the diploma is worthless. These victims make up a considerable number of those trying to do away with the Medical Practice Act at each session of the legislature. Write or wire to Sacramento at once your strong approval of this bill.

MEDICAL LEGISLATION STILL THREATENING.

The State Legislature is still in session and until the latter part of April, when it is expected to adjourn, the law regulating the practice of medicine and surgery is in constant danger of being further weakened by amendments.

Your Journal has endeavored to keep you posted in regard to these matters, and if you have not done so, you are urged to read the editorials covering the subject in the January, February and March issues, and *act at once*.

Up to the present time the following extremely undesirable bills have appeared and all of them, particularly the "drugless" varieties, have strong backing in both houses: Senate Bills Nos. 24, 279, 105, 110 and 760; and Assembly Bills Nos. 1155, 95 and 57.

No doubt various undesirable amendments will be acted upon before the session is over. There is very great danger that innocent looking, but vicious "saving clauses" in the form of amendments will be inserted at the eleventh hour. The vitally important thing now is to let the Governor, Lieutenant Governor, and every individual senator and assemblyman know that the organized regular medical profession *demand that standards be not lowered*. Write or wire to Sacramento at once something to that effect. You might also state that the tendency all over the country is to increase educational requirements, and that California must not be the only State to take a backward step. Demand that the barriers that protect the public be strengthened rather than weakened. You might state also that we demand that the public be more fully protected against incompletely educated practitioners of medicine and surgery.

Those various sects and cults clamoring for the privilege of practicing medicine and surgery, and demanding that something be done for their particular (political) organizations, seem to ignore the fact that the sick public has rights which should come first. Is it not time that the public is considered in these matters? Do you recall the time, only two years ago, when the public was given an opportunity to vote on this very question? At that time a vicious "drugless initiative bill" (practically the same as those now being pressed before the legislature) was overwhelmingly defeated by the people. Ought not a reminder of this fact sent to your senator and assemblyman be sufficient warning for them?

The public has the right to demand that only educated, properly trained physicians be provided for them by the State. Therefore, on behalf of the public, we demand that standards be *not lowered*. The regular medical profession is not trying to